

About Us

The Highlands Recreation District (HRD) is a public agency governed by an elected Board of Directors (5). The Board meets at 7:00pm on the second Tuesday of each month in the Multipurpose Room. The Board Members are Michelle McNeil, Pam Merkadeau, Hal Carroll, Johanna Anton and Eric Olbekson. The HRD is supported by property taxes and user fees and operates the Highlands Recreation Center. All Board Meetings are open to the public. We welcome your ideas and attendance at the Highlands Recreation Center, a place where family traditions begin.

HRD Mission Statement

The Highlands Recreation District is dedicated to consistently and cost effectively providing the broadest possible beneficial, safe and enriching programs and services to the Highlands Community.

Americans with Disabilities Act



Meeting Your Needs.

It's the Highlands Recreations Center's intent to make reasonable accommodations, when required, for all participants in activities. If assistance is needed, please call 341-4251 and ask for the program supervisor in charge of the activity you're interested in.

Office Staff

General Manager	Brigitte Shearer
School-Age Director	Mike Koenig
Recreation Supervisor	Jeff Schwartz
Early Education Director	Rebecca Hitchcock
Aquatics Supervisor	Patricia Hall
ASP Head Teacher	Brenda Tam
Pool Manager	Jeff Franco
Recreation Coordinator	Amanda Armstrong
Bookkeeper	Naomi Kawakita
Maintenance	Steve Risso
Administrative Assistants	Cynthia Fregoso
	Marianne Junge

**Have your PARTY at the
Highlands Recreation Center!**

**Gym Social Room
Multipurpose Room**

For more information about pricing and availability, or to reserve your date, call the Recreation Supervisor at (650) 341-4251.

All rentals include: Facility Capacity:
Tables, Chairs and Gym 132, Social Room 75,
rental supervisor. Multipurpose Room 75.

Spring and Summer Dates to Remember

March

Spring/Summer Resident Registration	3/2
Spring/Summer Non-Resident Registration	3/9
HRD Board Meeting	3/10
Highlands Rec T-Ball Begins	3/21

April

Eggstravaganza	4/4
Underwater Egg Hunt	4/4
HRD Board Meeting	TBD

May

HRD Board Meeting	5/12
Office Closed - Memorial Day	5/25
Pool Closed - All Staff Training	5/31

June

HRD Board Meeting	6/9
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July

Rec Soccer Signups Begin	7/1
Office Closed - 4th of July	7/4
HRD Board Meeting	7/14

August

HRD Board Meeting	8/11
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Note: Classes may be cancelled on legal holidays

Se Habla Español

Si ocupa asistencia en Español llamen a
(650) 341-4251 por favor de hablar con
Cynthia de Lunes a Viernes 9am a 1pm.

**Cover photo taken by Highlands Resident, Le Dao
at the Highlands Community 4th of July Event.**

Table of Contents

HRC Information.	2
Aquatics.	3-8
Dolphins Swim Team.	8
Early Education.	9
After School Program.	10
In-Crowd.	11
Spring Camp Information	11
Summer Camp Information	12-13
Pre-K Classes.	14-15
Highlands Rec T-ball	15
Youth Classes	16-22
Teen Classes	18-22
Adult Classes	23-25
Senior Classes	23-25
Special Events	25
Registration Information	26
Fitness Memberships	27

Pool Memberships

Our pool and fitness memberships can be paid monthly or annually. (If paying monthly, it is required that you sign up for ACH Automatic Payments.) To become a member, there is an initial registration fee. As long as your membership remains current, you will never pay the registration fee again.

Monthly Fee:

	<u>Highlands Res</u>	<u>CSA 1 Res</u>	<u>Non-Res</u>
Senior(62+)	\$15	\$20	\$25
1st Person	\$20	\$25	\$30
Add'l. Adults	\$8	\$11	\$15
Add'l. Children	\$3	\$3	\$5
Registration	\$200	\$250	\$300

Notes:

1. All pool memberships include fitness room membership.
2. All pool members receive a 10% discount on all aquatic class fees, except private/semi-private lessons.
3. Child price is age 3-17. Children under 3 are free.
4. Pay for the year in full at time of registration and receive \$40 off the annual fee for a family membership (3 or more people over the age of 2) or \$20 off the annual fee for an individual or 2 person membership.

Entrance Fees for Non-Members

Residents: \$5 per person with proof of residency (swimming or non-swimming)

Non-Highlands Residents: \$10 per person (swimming or non-swimming)

Guests of Member: \$3 per person (member must be present during entire visit, 6 guests max per family membership)

Underwater Easter Egg Hunt

Come straight to the pool
after Eggstravaganza and
join in the fun of hunting
for eggs underwater!

Participation fee \$5.
There will games and
lots of fun prizes!
All Ages Welcome.

Saturday, April 4th
Starts at 11:30am

SPRING POOL HOURS

4/8/15-6/14/15

MWF	6:15-9:00am	Lap Swim
	11:00am-1:00pm	Rec/Lap Swim
	3:30-5:00pm	Rec Swim
	5:00-7:00pm	Friday Rec Swim
TTh	5:00-8:15pm	Lap Swim
	3:30-5:00pm	Rec Swim
	5:00-8:15pm	Lap Swim
Sat/Sun	10:30am-1:00pm	Lap Swim
	1:00-5:00pm	Rec Swim
	5:00-6:00pm	Lap Swim
	*5:00-6:30pm	Sunday Lap Swim

SUMMER POOL HOURS

6/15/15-8/16/15

M-F	6:00-9:00am	Lap Swim
	1:00-5:00pm	Rec Swim
	5:00-7:00pm	Friday Rec Swim
	5:00-8:15pm	Lap Swim
Sat/Sun	9:30am-12:00pm	Lap Swim
	12:00-5:00pm	Rec Swim
	5:00-6:00pm	Lap Swim
	*5:00-6:30pm	Sunday Lap Swim

**schedule subject to change*

Pool Schedule Changes

Pool Closed:

4/6/15-4/7/15	Dome Removal
5/31/15	All Staff Training

Hour Changes:

5/25/15	Memorial Day - Saturday Hours
7/4/15	11am-12pm Lap Swim, 12-2pm Rec Swim, 2-4pm Carnival Games, 4-5 Lap Swim

Dates TBD Pool closes at 4pm for all HDAC swim meets (check the website for dates.)

For Your Health

It is the Highlands Rec Pool Policy that all children the age of 3 AND under (recommended for children age 4) must wear a swim liner while in the pool. Reusable liners are available at the pool office for \$10. (ie: "Huggies Little Swimmers" and other products made for swimming are acceptable.)

***Drill Warning:** Please be aware that during the year HRC will be performing unannounced emergency rescue drills at the pool. We ask for your cooperation during these drills. These drills are an essential part of emergency preparation.



Youth Swim Lessons

All instructors are trained in American Red Cross Water Safety Instruction. Classes are 28 minutes long.



Spring Swim Lessons

MW Classes (3-4 weeks)

4/8-4/22	\$60/70 (Starts on a Wednesday)
4/27-5/13	\$72/84
5/18-6/10	\$84/98 (No Class 5/25)

Class Times

3:30pm	Levels I, II
4:00pm	Levels III, IV
4:30pm	Levels I, III
5:00pm	Levels II, V-VI

TTh Classes (3-4 weeks)

4/9-4/23	\$60/70 (Starts on a Thursday)
4/28-5/14	\$72/84
5/19-6/11	\$96/112

Class Times

5:00pm	Levels I, II, III
5:30pm	Levels I, III, IV
6:00pm	Levels II, IV, V-VI

Friday Classes (4 weeks)

4/17-5/8	\$48/56
5/15-6/12	\$48/56 (No Class 5/22)

Class Times

3:30pm	Levels I, II, III
4:00pm	Levels II, III, IV
4:30pm	Levels I, III, IV
5:00pm	Levels II, IV, V-VI

Saturday Morning Classes (4 weeks)

4/18-5/9	\$48/56
5/16-6/13	\$48/56 (No Class 5/23)

Class Times

10:30am	Levels II, V-VI
11:00am	Levels I, III
11:30am	Levels II, IV
12:00pm	Levels IV, V-VI
12:30pm	Levels I, III



Sunday Morning Classes (2-5 weeks)

4/19-5/17	\$60/70
6/7-6/14	\$24/28

Class Times

10:30am	Levels II, III, V-VI
11:00am	Levels I, III, IV
11:30am	Levels I, II, IV
12:00pm	Levels III, IV, V-VI
12:30pm	Levels II, III, IV

Sunday Afternoon Classes (4-5 weeks)

4/19-5/17	\$60/70
6/7-6/14	\$24/28

Class Times

5:00pm	Levels I, II, III
5:30pm	Levels II, III, IV
6:00pm	Levels II, IV, V-VI

Youth Swim Lessons Descriptions

Level I (minimum age 3): Students focus on developing independence, confidence and basic safety skills. Students are supported and assisted by the instructor in all skills.

Skills include: bobbing, floating, retrieving objects, water entry & exit, pool safety, and moving through the water.

Level II: Swimmers learn to coordinate arm and leg actions and swim independently on both front and back, building on level I skills to increase confidence, independence, and water safety skills.

Skills include: unassisted floats, glides, big arms, elementary backstroke.

Prerequisite skills: completely submerge under water unassisted, able to perform assisted skills with face in water.

Level III: Swimmers learn breathing techniques for freestyle and breaststroke, and work to improve technique and endurance in all strokes. Level includes deep water safety skills.

Skills include: side breathing, treading, coordinating breaststroke and backstroke, intro to dolphin kick, basic diving.

Prerequisite skills: swim 10 yards unassisted with coordinated arm and leg action with big arms and elementary backstroke.

Level IV: Swimmers develop competitive stroke techniques, continue working on endurance, and learn intermediate safety skills.

Skills include: butterfly, sidestroke, open turns, racing dives.

Prerequisite skills: 15 yards freestyle with side breathing and elementary backstroke, 10 yards breaststroke and backstroke.

Level V-VI: This is a combined advanced level which prepares swimmer for swim team and other aquatic sports by continuing to improve competitive stroke techniques, endurance, and advanced safety skills.

Skills include: flip turns, individual medley, surface dives, rescue skills.

Prerequisite skills: 25 yards freestyle and elementary backstroke, 15 yards breaststroke and backstroke.

Summer Swim Lessons

M-Th Classes (1 week)

6/15-6/18	\$48/56
6/22-6/25	\$48/56
6/29-7/2	\$48/56
7/6-7/9	\$48/56
7/13-7/16	\$48/56
7/20-7/23	\$48/56
7/27-7/30	\$48/56
8/3-8/6	\$48/56
8/10-8/13	\$48/56

Class Times

9:00am	Levels III, IV, V-VI
9:30am	Levels II, III, IV
10:00am	Levels II, III, V-VI
10:30am	Levels I, II, IV
11:00am	Levels I, III, V-VI
11:30am	Levels II, III, IV
12:00pm	Levels II, IV, V-VI
12:30pm	Levels I, III, IV

TTh Classes (3 weeks)

6/16-7/2	\$72/84
7/7-7/23	\$72/84
7/28-8/13	\$72/84

Class Times

5:00pm	Levels I, II, III
5:30pm	Levels I, II, V-VI
6:00pm	Levels II, III, IV
6:30pm	Levels III, IV, V-VI

Friday Afternoon Classes (4 weeks)

6/19-7/17	\$48/56 (No Class 7/3)
7/24-8/14	\$48/56

Class Times

5:00pm	Levels I, II, III
5:30pm	Levels I, III, IV
6:00pm	Levels II, IV, V-VI
6:30pm	Levels III, IV, V-VI

Saturday Classes (4 weeks)

6/20-7/18	\$48/56 (No Class 7/4)
7/25-8/15	\$48/56

Class Times

9:30am	Levels II, V-VI
10:00am	Levels I, III, IV
10:30am	Levels I, II, IV
11:00am	Levels III, IV, V-VI
11:30am	Levels I, II, III

Parents can workout too!

During the time your child(ren) is(are) in the water having a swim lesson(s), you're welcome to take advantage of our Fitness Center (FREE for individuals ages 15 & up).

Saturday Afternoon Classes (5 weeks)

6/20-7/18	\$48/56 (No Class 7/4)
7/25-8/15	\$48/56

Class Times

5:00pm	Levels I, II
5:30pm	Levels III, IV-VI

Sunday Morning Classes (4 weeks)

6/21-7/19	\$48/56 (No Class 7/5)
7/26-8/16	\$48/56

Class Times

9:30am	Levels II, V-VI
10:00am	Levels I, III, IV
10:30am	Levels I, II, IV
11:00am	Levels III, IV, V-VI
11:30am	Levels I, II, III

Sunday Afternoon Classes (4 weeks)

6/21-7/19	\$48/56 (No Class 7/5)
7/26-8/16	\$48/56

Class Times

5:00pm	Levels I, II, III
5:30pm	Levels I, II, IV
6:00pm	Levels III, IV, V-VI



Kids!

Private Lessons

Adults!

Have you always wanted to learn how to swim, or just improve your skills? Don't think you have the time? Private lessons provide the perfect opportunity to reach your goals. Classes are tailored to meet the student's needs. Highlands Swim School is scheduling Private (1 student/1 instructor) and Semi-Private (2 students/1 instructor) lessons. Lesson times are set to meet the needs of the student. Fee is for one single 28 min lesson. Call Private Lesson Coordinator at (650) 341-4251 to schedule. **Payment for lesson must be made prior to lesson.**

Private: \$31/36

Semi-Private: \$25/30 (per child)

Private Diving Lessons

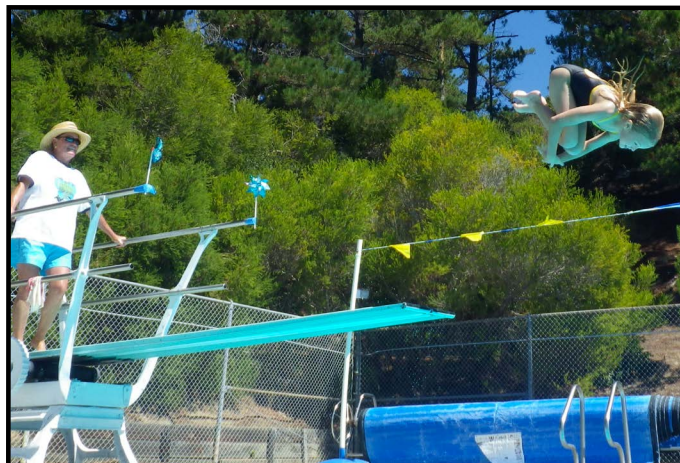
with Kelly Winterbottom
\$40 for a 28 min lesson.

Failure to attend a semi or private lesson without 24 hour notice will result in being charged for the missed lesson

WANTED: LIFEGUARDS AND SWIM INSTRUCTORS

The Highlands Recreation Center is currently hiring lifeguards and swim instructors to work a variety of hours.

Contact Jeff Franco for more info at
(650)341-4251 or jfranco@highlandsrec.ca.gov



Spring Board Diving

Learn from a world champion diver!! Students will learn the hurdle, basic dives such as the swan and jackknife and proper hand position for entry into the water. The classes include games and fun activities that teach safety and skill development. Divers who have started in diving programs at the Rec. have gone on to dive at Stanford and have earned national age-group titles. **Pre-requisites:** 8 years of age. Must have the ability to pass the swim test and perform a standing dive on the diving board. Private lessons and birthday parties can be arranged. **Max 8 students.**

Instructor: Kelly Winterbottom

Spring

Sa	4/11-4/25	12:00-12:45pm	\$44/49
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Summer - Evenings

Th	6/18-7/9	5:00-5:45pm	\$58/65
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Th	7/16-8/6	5:00-5:45pm	\$58/65
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Summer - Mornings

T/Th	6/16-6/25	11:00-11:45am	\$58/65
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T/Th	6/30-7/9	11:00-11:45am	\$58/65
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T/Th	7/14-7/23	11:00-11:45am	\$58/65
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T/Th	7/28-8/6	11:00-11:45am	\$58/65
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Pool Parties and Rentals

Come out and celebrate at the Highlands pool! Great for birthday parties, sports teams and any other special occasion! Also ask about our pool party game coordinator and themed party packages! Call Tricia Hall for more info.



Lifeguard Training

This comprehensive training program is for the individual who wishes to become a lifeguard at a pool. This will certify the passing student in CPR for the Professional Rescuer, First Aid and Lifeguard Training. Students must be 15 years old or older (proof of age must be shown at the 1st meeting) and pass a water skills test to be admitted into the class. Bring class material, swim suit, towel and comfortable clothing.

MUST ATTEND ALL CLASSES PER SESSION!

M-Th	6/1-6/4	8am-5pm	\$215/225
M-Th	8/10-8/13	8am-5pm	\$215/225

Junior Lifeguarding 2015

This American Red Cross program provides a strong foundation for future successful completion of the American Red Cross Lifeguarding Course. Jr. Guards will work out daily to improve their physical fitness both on land and in the water. They will learn about causes and ways to prevent drowning and diving accidents, how to supervise others around water, drowning recognition, basic first aid, CPR, and AED. Jr. Guards will develop leadership skills necessary to become successful lifeguards including effective communication, how to make informed decisions, how to work as a team and about customer service. Fridays the Junior Lifeguards will be taken on different Aquatic themed field trips throughout the bay area. **Pre-requisite:** Ability to swim front crawl for 25 yards continuously using side breathing, tread water for 1 minute, submerge and swim a distance of 10 feet. ***Please bring:** towel, swim suit, change of clothes, jacket, tennis shoes, sunscreen, lunch, hat, (lunch money for Friday field trip). **Ages 11+ (flexible if child is on swim team.)** M-Th from 11am-4pm, Friday field trip 9:30am-4pm. \$190/205 per week. ***Sign up for 5 weeks and get 15% off the 6th week.**

Wk 1	6/15-6/19	Lifeguarding 101
	Field Trip:	Water World
Wk 2	6/22-6/26	Junior Guard Boot Camp
	Field Trip:	Anderson Lake
Wk 3	7/6-7/10	Water Rescues
	Field Trip:	Raging Waters
Wk 4	7/13-7/17	Spinal Injuries and Back-Boarding
	Field Trip:	Linda Mar Beach
Wk 5	7/20-7/24	First Aid
	Field Trip:	Exploratorium
Wk 6	7/27-7/31	Breath of Life
	Field Trip:	Cowell Ranch Beach
Wk 7*	8/3-8/7	CPR for the Professional Rescuer
	Field Trip:	Santa Cruz Beach Boardwalk

*Participants of this week will receive American Red Cross Certifications in basic First Aid, CPR and AED.



Beginner Adult Group Lessons

This class is for adults who are uncomfortable with the water. This class is taught with each participant working at his or her own pace. Participants learn: Water safety skills, floating, developing confidence in deep water, basic swimming skills. Ages 16 and up. Class is 28 minutes. **No class: 7/4.**

Sa	6/20-7/18	9:30-10:00am	\$48/56
Sa	7/25-8/15	9:30-10:00am	\$48/56

Intermediate Adult Group Lessons

This class is for those who are comfortable in the water and are looking to improve their swimming skills. Participants learn: floating, rhythmic breathing, crawl stroke, elementary backstroke, treading water and other swimming skills. Ages 16 and up. Class is 28 minutes. **No class: 7/5.**

Su	6/21-7/19	9:30-10:00am	\$48/56
Su	7/26-8/16	9:30-10:00am	\$48/56

Aqua Track

This deep water exercise program will improve your fitness and reduce stress. While wearing a flotation belt you will exercise vertically in deep water. Join this no impact and gentle resistance workout program that is perfect for arthritis or rehabilitation from injury. Adults of all ages. **No class: 4/6, 5/25.**

M/W/F	On-Going	8-9am
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Punch Card Fees for Aqua Track

Drop-in Fee: \$10, 5 Use Card: \$40
10 Use Card: \$70, 20 Use Card: \$120

Water Aerobics

Come join us in our heated swimming pool. Have fun and exercise at your own pace. Our program is designed to improve your cardiovascular fitness, flexibility, coordination, balance, and helps increase strength and endurance. All fitness levels are welcome. No swimming skills are necessary. This program is suited for adults of all ages. **Instructor: Sandra Burgess. No class: 4/6, 5/25.**

M/F	On-Going	11:05am-12pm	\$83/88 month
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Private Aquatic Classes

This class will be customized for each individual's needs. The warm water and gentle movements help increase joint flexibility and range of motion while restoring and maintaining muscular strength. All fitness levels welcome. No swimming skills are necessary. **Instructor: Sandra Burgess.**

M/W/F	12:00-1:00pm	\$75 per hour
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Arthritis Aquatic Program

Come join us in a recreational Arthritis Aquatic program conducted in our heated swimming pool. This program provides a fun, social atmosphere where participants are led through a series of specially designed exercises geared toward reducing pain and stiffness associated with Arthritis. The warm water and gentle movements help increase joint flexibility and range of motion while restoring and maintaining muscular strength. The Arthritis Aquatic program is suitable for all fitness levels and does not require the ability to swim. Adults of all ages welcome. Classes are taught by a certified Arthritis Aquatic instructor. **Instructor: Sandra Burgess.**

W	On-Going	11:05am-12pm	\$48/53 month
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Highlands Dolphins Aquatic Club



The Highlands Dolphins Aquatic Club (HDAC) is a positive energetic swim program designed to help participants achieve their personal best. Regular practices contribute to life long fitness skills. Annually, all swimmers must register with USA Swimming. All swimmers have the opportunity to compete regularly in local dual meets during the summer and in USA Swimming meets year round. Swimmers are encouraged to continue with swim lessons to receive hands-on instruction. For try outs please contact Coach Zach Wolfe at swimmingwolfe@yahoo.com

Red Group

Pre-requisite: Ability to swim 25 yards (one length of the pool) freestyle, backstroke, and breaststroke and some knowledge of butterfly.

M/W	5:00-5:30pm	\$63/78
T/Th	5:00-5:30pm	\$63/78
Red 4 days a week		\$83/98

White Group

Pre-requisite: Ability to swim 100 yards (four lengths of the pool) of freestyle, backstroke, and breaststroke, and 25 yards of butterfly. Be able to complete 500-750 total yards at practice.

M/W	5:30-6:15pm	\$73/88
T/Th	5:30-6:15pm	\$73/88
White 4 days a week		\$86/101

Blue Group

Pre-requisite: Ability to swim 200 yards (eight lengths of the pool) of freestyle, 100 yards backstroke and breast stroke and 50 yards of butterfly. Be able to complete 750-1500 total yards at practice.

M/W	6:15-7:00pm	\$73/88
T/Th	6:15-7:00pm	\$73/88
Blue 4 days a week		\$86/101

Bronze Group

This group is for swimmers interested in improving their swimming ability, both fitness level and form. Swimmers must be comfortable swimming 300 yards (twelve lengths of the pool) of freestyle, 150 yards backstroke and breaststroke and 75 yards butterfly. Be able to complete 1200-2000 yards at practice. Swimmers are encouraged to participate in summer dual meets and may participate in USA meets year round.

M-Th	7:00-8:00pm	\$89/104
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Silver Group

This group is for swimmers who love the water and are able to swim 400 yards freestyle, 200 yards backstroke and breaststroke and 100 yards of butterfly. Be able to complete 1500-2500 yards during practice. This group works on improving form, endurance, speed and fitness. Swimmers are encouraged to participate in summer dual meets and may participate in USA meets year round.

M-Th	7:00-8:15pm	\$98/113
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Gold Group

This group is for swimmers who love the water and are able to swim 400 yards freestyle, 200 yards backstroke and breaststroke and 100 yards of butterfly. Be able to complete 2000-3200 for Gold practice. This group works on improving form, endurance, speed and fitness. Swimmers are encouraged to participate in summer dual meets and may participate in USA meets year round.

M-Th	7:00-8:15pm	\$98/113
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Join the Highlands Dolphins Aquatics Club yahoo group to receive team info. To join, email Zach Wolfe at swimmingwolfe@yahoo.com

Late Fees

All monthly fees must be paid by the **5th business day of each month**. All monthly fees paid after the 5th business day of each month will be subject to a **\$15 late fee** per child per class.

Part of what makes a successful swim team is the active participation of the parents as well as the swimmers. All Swim Team parents will be expected to volunteer at meets and fundraising events.

Early Education Center

serving Infants through PreKindergarten

Year Round, Full Time, Quality Care.
Monday-Friday, 7:30am-6pm.

Our Center is home to 3 Classrooms:

- * Monkeys for children ages 3 months through age 2
- * Chameleons for children ages 2 years through age 3.5
- * Tigers for children ages 3.5 through age 5.5

Our Play Based Center Features:

- Age appropriate toys to promote cognitive, social, emotional and physical development
- Developmentally appropriate curriculum to encourage future academic success
- Enthusiastic, experienced and nurturing teachers to provide emotional comfort and positive support to guide your young one through the important and delicate stages of life

Please contact Rebecca Hitchcock,
Early Education Director, for more info,
to join our waitlist or to schedule a tour.
rebeccah@highlandsrec.ca.gov



For Your Calendar . . .

EEC Closed:

Memorial Day: 5/25/15
Independence Day Observed: 7/3/15
Staff Development: 8/10/15-8/11/15
Labor Day: 9/7/15



Family Traditions Begin at the Highlands Recreation Center

After School Program

2015 (M-F until 6pm)



The After School Program is open to Elementary School students in grades K-5. The ASP schedule adjusts to the dismissal schedules of all grades at Highlands Elementary and is open on most Highlands School Staff Development days. The ASP program provides a safe and happy environment for children to enhance their physical and social development. Our licensed program and trained staff strive to provide 'teachable moments' to practice the lifeskills necessary for children to be confident and happy citizens of our community. There's quiet time for homework, a creative art project or a rousing game of dodgeball awaiting your child at the ASP. Rec swim is offered Tuesdays and Thursdays from 3:30-5pm at no additional charge. We also provide an afternoon snack each day. Your child can easily participate in a wide array of classes and programs offered through the Rec. **ASP Head Teacher: Brenda Tam**

ASP 2015 Fees

All Drop Ins for Kinder: \$65/70
1st-5th: \$60/65

Mar/May:

	<u>5 Days</u>	<u>4 Days</u>	<u>3 Days</u>	<u>2 Days</u>	<u>1 Day</u>
Kinder	\$601/621	\$555/575	\$466/486	\$387/407	\$226/246
1st - 5th	\$452/472	\$412/432	\$334/354	\$273/293	\$155/175

Apr (7-30):

	<u>5 Days</u>	<u>4 Days</u>	<u>3 Days</u>	<u>2 Days</u>	<u>1 Day</u>
Kinder	\$541/561	\$520/540	\$427/447	\$339/359	\$226/246
1st - 5th	\$407/427	\$382/402	\$306/326	\$239/259	\$155/175

Jun (1-10)/ Last Day of ASP Wed 6/10:

	<u>5 Days</u>	<u>4 Days</u>	<u>3 Days</u>	<u>2 Days</u>	<u>1 Day</u>
Kinder	\$240/260	\$212/232	\$195/215	\$149/169	\$113/133
1st - 5th	\$181/201	\$154/174	\$139/159	\$104/124	\$80/100

*After School care for
Kindergartners
is from 12pm-6pm.

*1/2 day Kinders
is available from
12pm-3pm.
(same price as 1st-5th)

ASP & In Crowd 2014-2015

**\$75 Non-Refundable
Supply fee (per child for first day
& \$20 for each additional day)**

Emergency packets available online
at: www.highlandsrec.ca.gov

Child Care Late Fees

All monthly fees must be paid by the **5th business day of each month**. All monthly fees paid after the 5th business day of each month will be subject to a **\$15 late fee** per child per month. **Late pick up charge: \$10 per every 5 minutes past 6pm.**



2015-2016 After School Program is full
2015-2016 In-Crowd Program is filling up!

Contact the office today for information on how to join the ASP waitlist or to sign up for In-Crowd.

Sibling Discount / Supply Fees

Supply Fee: Annual supply fee due upon registration.

School Year: \$10 per month second child discount for siblings enrolled in any of the following programs: ASP, In Crowd & EEC.

Camps: \$5 per session second child discount for siblings enrolled in any of the of our camp programs.

For Your Calendar...

ASP/IN CROWD CLOSED:

Spring Break: 3/30-4/6

Memorial Day: 5/25

Staff Development Days
ASP/IN CROWD OPEN ALL DAY

Full Day Drop In based on availability:
\$70/75 (7:30am-6pm).

ASP/InCrowd: Free, if this is your regularly scheduled day of the week.

Last Day of ASP/IN CROWD: 6/10/15

“In Crowd”

M-F, 3-6pm

Are you looking for a quality well organized program for your middle school student? Look no further, because Highlands Rec Center prides itself on providing quality activities for students in 6th, 7th and 8th grade at the CSUMC at 2145 Bunker Hill Dr. Our enthusiastic Head Teacher will provide safe supervision while encouraging age appropriate independence. A healthy afternoon snack is provided each day along with a quiet hour for homework, special activities, games and more. All minimum days accommodated. We transport children from Abbott Middle School to the In Crowd and escort children who attend Borel Middle School from the bus stop across the street from The Church. **In Crowd Head Teacher: Zack Tschierschky.**

In Crowd 2015 Fees

Mar/May:

<u>5 Days</u>	<u>4 Days</u>	<u>3 Days</u>	<u>2 Days</u>	<u>1 Day</u>
\$452/472	\$412/432	\$334/354	\$273/293	\$155/175

Apr (7-30):

<u>5 Days</u>	<u>4 Days</u>	<u>3 Days</u>	<u>2 Days</u>	<u>1 Day</u>
\$407/427	\$382/402	\$306/326	\$239/259	\$155/175

Jun (1-10)/ Last Day of ASP Wed 6/10:

<u>5 Days</u>	<u>4 Days</u>	<u>3 Days</u>	<u>2 Days</u>	<u>1 Day</u>
\$181/201	\$154/174	\$139/159	\$104/124	\$80/100

All Drop-Ins for In Crowd: \$60/65

In Crowd emergency packets available online @ www.highlandsrec.ca.gov



Spring Camp 2015

K-8th Grade

March 30-April 6 Hours: 7:30am-6pm

Parents, yeah, we're talking to you! Have you enrolled your children in Spring Camp yet? Send them to The Rec. for a week of WOW! Our Spring Camp will be filled with engaging activities and a memorable field trip to keep your child entertained all week long.

Theme Days

Monday	3/30	Going Bananas
Tuesday	3/31	Leaping Lizards
Wednesday	4/1	Hungry, Hungry, Hippos
Thursday	4/2*	<u>Field Trip</u> - Jungle Island
Friday	4/3	Jungle Jamming
Monday	4/6	Bugging Out

*Field Trip is Subject to Change

Spring Camp Res/Non Res Fee:

Daily Fee	\$75/80
Field Trip Only Day Rate	\$85/90
Weekly Rate	\$270/290

Seasonal Camp Discounts

Sign up for the entire week of Spring Camp and receive \$40 off the cost of Summer Fun Zone Camp 2015.



Kids Nite Out

Take advantage of an evening out while your kids are having a fun filled night at the Rec. Pizza dinner and movie provided! Let them come play, relax and have fun in a safe and supervised environment. Pre-registration required. No Drop-ins available. **\$5 sibling discount. K-5th Grade. 4 yrs allowed if sibling of ASP child only. Must be potty trained. No diapers please.**

F	3/13	6-10pm	\$30 child	S.R.
F	4/10	6-10pm	\$30 child	S.R.
F	5/8	6-10pm	\$30 child	S.R.

Late Pick-Up Charge: \$10 per every 5 minutes after 10pm.

Summer Fun Zone 2015

Cruisin' California

Children K-8th Grades M-F 7:30am-6pm

Summer's right around the corner and we're thinking fun, fun, fun! Highlands Recreation Center is excited to host an 8 week Summer Camp jam packed with amazing games and activities. Each exciting week brings you the very best in sports, arts, science, cooking, hiking and daily swimming. Come create wonderful Camp memories through adventurous outdoor and indoor activities. Each themed week will include a field trip to different spectacular locations throughout the Bay Area. If you're looking for a safe and fun environment for your children, reserve a spot now. Our Summer Fun Zone is an adventure you don't want to miss! *12:1 Child to Staff Ratio.*

Summer Camp Fees

Weekly Fee \$270/290

Week 3* \$225/245

(Closed 7/3/15)

Drop in* \$75/80

*Camp spaces are reserved for weekly enrolled children. Drop-Ins available MTuWF only, and only if there is space. The spaces can be reserved the Friday prior to your week of interest. Pre-payment for all summer long drop-ins is unavailable.

Deposit Required \$50/wk

- Deposits are required to reserve your space in camp. No deposits accepted after camp begins.
- Full payments for all weeks are due in full by 6/15/15.

What your fees include:

- *7:30am-6pm = 10.5 hours of Fun!
- * Thursday field trip entrance fees and transportation
- * M, Tu, W, F Rec Swim from 1:30-5pm
- * Special presenters & jumpers
- * Two daily snacks
- * CPR & First Aid Certified staff
- * Opportunity to join in many enrichment classes

Payment schedule for Summer Camp is as follows:

Full payment for all weeks of camp are due by 6/15/15

If you have not paid the full weekly Summer camp amounts by the above deadline dates, you may lose your space in Summer camp.

Camp Refund Policy

The Highlands Rec. Center will refund prepaid weeks prior to start of scheduled week, minus \$30 per child, per week. If cancellation occurs during scheduled week of camp, no refunds are given.

Discounts & Rewards

- (1) If you pay for 4 or 5 weeks in full by June 1st, receive 4 complimentary pool passes.
 - (2) If you pay for 6 or 7 weeks in full by June 1st, receive \$10 off per week.
 - (3) If you pay for 8 weeks in full by April 1st, receive \$20 off per week AND get half off the pool membership registration fee (New Pool Members only).
- Sibling Discount: \$5/week off.**

Late Fees

There is a \$30 late fee charge per child per week of camp if full payments are not made by above scheduled payment due dates.

April 1st - Camp Emergency Packets Available Online

Enrichment Classes

Here at the Highlands Rec, we offer a variety of different classes throughout the day that are open to all children in our Camp program. We offer these classes throughout the year for those who participate in our Camps and After School program. We'll ensure that your child is brought to class on time. You will find a variety of these classes advertised here, including: Soccer & Smiles, Tap Dance, Youth Tennis, Jr. Jazzercise and Swimming amongst others. For more information on these classes please see pages 14-25 or call the Rec at (650) 341-4251.

Field Trips

All campers must participate in Thursday field trips. There are no staff left behind on field trip days. All field trips subject to change.

Summer Fun Zone 2015

Summer Camp Themes & Field Trips - Cruisin' California

Each week of Summer Camp will include the following activities: Art, Sports, Cooking and Games!!

Week	Camp Dates	Weekly Camp Themes	Thursday Field Trips
1	June 15-June 19	San Francisco	Golf Land
2	June 22-June 26	Silicon Valley	Great America
3	June 29-July 2*	Sacramento	Video Game Truck
4	July 6-July 10	Yosemite	Memorial Park
5	July 13-July 17	Santa Cruz	Santa Cruz Beach Boardwalk
6	July 20-July 24	Lake Tahoe	Raging Waters
7	July 27-July 31	Mojave Desert	Huddart Park
8	Aug. 3-Aug. 7	Hollywood	Tanforan Mall - Movies

Middle School Camp & Field Trips

Our camp program for 6th-8th graders offers a "cool" environment with safe supervision while encouraging age appropriate independence through a variety of activities, team building, field trips and games. All middle school field trip participants are required to bring their own money for lunches (or can bring a bag lunch), entrance fees and any other items they wish to purchase at the destinations unless otherwise advertised. The weekly camp fee includes bus transportation & admission on Thursday all-camp field trips. Tuesday and Wednesday field trips are optional for middle school students; if your child wishes to attend either of the Tues or Wed field trips, **they must be signed up by a parent**. Due to transportation issues, certain Middle School field trips are limited to 14 students. Field trips are available on a first come, first serve basis. All field trips subject to change. Below field trips are for 6th-8th grades only.

Overnight at the Rec 6th-8th Graders Only

Have you always wanted to spend the night at the Rec? Well here's your special chance. The enrollment fee includes: dinner, night swim, hike, flashlight tag and roasting marshmallows. Finish off the night with a movie in the gym while snuggling in your sleeping bag. Pancake breakfast too! 24 child max. **HRC Gym.**

Enrolled in Camp* Tu-Wed 7/21-7/22 \$60/65
Not Enrolled in Camp** Tu-Wed 7/21-7/22 \$75/80

*If your child is enrolled they can stay at camp all day Tues and through Weds. camp day too.

**If your child is not enrolled in camp, hours of overnight are 6pm-8:30am.

Middle School Field Trips

Wk 1	6/16, 6/17	Hillsdale Mall	Laser Quest	Wk 5	7/14, 7/15	Metreon	Lorenzo's Deli
Wk 2	6/23, 6/24	San Mateo Movie	Nickle City	Wk 6	7/21, 7/22	Overnight at the Rec	In-N-Out Burger
Wk 3	6/30, 7/1	Coyote Point	Off the Grid	Wk 7	7/28, 7/29	Dish Hill Hike	SF Giants Game
Wk 4	7/7, 7/8	Devil's Slide	Laurelwood	Wk 8	8/4, 8/5	Sky High	Maze/Beach

Soccer & Smiles

Let your child's first soccer experience be a great one! Designed specifically for children ages 2.5 - 5, Soccer and Smiles strives to teach the fundamentals of soccer in a fun, positive, non-competitive and safe environment. Our program enhances gross motor skills, encourages regular exercise and promotes a healthy lifestyle. **No Class: 5/25.**

Ages: 2.5 to 5 years old

Location: Highlands Recreation Center Gym

Instructor: Soccer and Smiles Staff

M	3/2-4/20	12:30-1:00pm	\$72/77
M	4/27-6/8	12:30-1:00pm	\$72/77
M	6/15-7/20	12:30-1:00pm	\$72/77
M	7/27-8/31	12:30-1:00pm	\$72/77

PreK-K DOARTLAB

Let your child's creative mind soar! This class is designed for (pre-)kindergartners who love to learn, explore, and experiment various artistic media. All types of art making including painting, drawing, sculpture, and more. For more info please call (650) 315-2439 or www.doartlab.com. **\$15 material fee paid to the instructor on the first class. Transportation to class will be provided by Highlands Recreation Center staff.**

Ages: 4-6 years old

Location: DOARTLAB, 744 Polhemus Rd., San Mateo, CA, 94402

Instructor: Chloe Keyoung and DOARTLAB Staff

T	4/14-5/26	1:00-2:00pm	\$175/180
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Pre-K Hoops with Mini Sports Stars

The Mini Sports Stars program specializes in basketball classes and instruction for the youngest of athletes. We believe that repetition is the key to skill mastery but all Mini Sports Stars coaches are trained to challenge individuals who have mastered certain skills in order to provide an opportunity for constant development and continuous growth. Your child will learn how to properly dribble, defend, shoot, and rebound through unique drills designed by Mini Sports Stars founder Dan Hibson. **No Class: 4/2.**

Ages: 3.5 to 5 years old

Location: Highlands Recreation Center Gym

Instructor: Mini Sports Stars Staff

Th	3/19-4/9	9:45-10:30am	\$75/80
Th	4/16-5/7	9:45-10:30am	\$75/80
Th	5/14-6/4	9:45-10:30am	\$75/80
Th	6/18-7/9	9:45-10:30am	\$75/80
Th	7/16-8/6	9:45-10:30am	\$75/80

Ballet and Tap for Tots

Are you ready to get moving and have fun?! This class is an introductory class to the world of ballet and tap dancing! We will have lots of fun while focusing on building dance skills and learning new steps. Please make sure to bring both tap and ballet shoes to every class, and wear comfortable clothes that you can dance and move in. Parents are allowed to watch the first class. At the end of the session we will perform a routine that we have worked on in class. Tatiana Bookbinder has a Master's in Music and lived in NYC, where she taught, danced, and performed. **Class performance will be held on 6/3.**

Ages: 3 to 4 years old

Location: Highlands Recreation Center Gym

Instructor: Tatiana Bookbinder

W	4/15-6/3	3:00-3:30pm	\$100/105
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PRE-Writing Letter Camp

Pre-School age children (3.5-4) will have fun with letters while preparing their bodies and minds for handwriting and Kindergarten. Camp meets twice a week for theme-based, sensory-rich fine and gross motor activities and small group instruction, utilizing the Handwriting Without Tears Program. We'll explore LETTERS (their sounds, shapes and uses) through music, games, rhymes, art, manipulatives and movement! **\$15 material fee should be paid directly to the instructor at the first class.**

Ages: 3.5 to 4 years old

Location: Highlands Recreation Center MPR

Instructor: Christina Giovannini, COTA

W/F	4/15-6/5	9:00-9:45am	\$300/305
W/F	4/15-6/5	10:00-10:45am	\$300/305
W/F	4/15-6/5	11:00-11:45am	\$300/305

Young Rembrandts Pre-K Drawing

Spring is the perfect season for your pre-schooler's talent to blossom. In Young Rembrandts, we explore many fun subjects. Wonderful drawings of adventurous astronauts and friendly monsters will excite the imagination. We reach new heights with our hot air balloon and many nature-inspired drawings like our bees and flower baskets. There's no better time than now to enroll your student! **No Class: 5/22.**

Ages: 3.5 to 5 years old

Location: Highlands Recreation Center MPR

Instructor: Young Rembrandts Staff

F	4/24-5/29	2:30-3:30pm	\$100/105
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Classes held in the MPR refer to the Multi-Purpose Room.
This facility is located in our lower building.

Youth Tennis Lessons

EEC Only Pre-Tennis

This is an introductory tennis class for EEC students, ages 3-6 years old that teaches balanced movement, footwork skills and eye-hand coordination.

M/W	6/15-7/15	3:00-3:30pm	\$80/85	Ct. 1
M/W	7/20-8/5	3:00-3:30pm	\$48/53	Ct. 1

Jr. Academy

Jr. Academy gives children ages 3 to 5 years, a fun, active and educational experience tailored to the abilities of their age group. Our program uses FUN to teach problem solving skills and the beginning fundamentals for sports including: throwing, catching, kicking, running and teamwork. Jr. Sports Academy provides structured simple activities, individual and team building challenges along with simple, small-sided competitions to develop and engage young athletes. Must be potty trained. For more information visit www.nationalacademyofathletics.com

Ages: 3.5 - 5 years old

Location: Highlands School Grass Field

Instructor: National Academy of Athletics Staff

M-F	8/3-8/7	9:00am-12:00pm	\$175/180
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The Amazing World of Edible Art

Use your imagination, be creative, have fun and make art out of food. Turn an ordinary plate into an artistic masterpiece. Recipes will include strawberry mice, banana caterpillars, lion king cages, butterflywiches, and antipasti scooters.

Ages: 3 to 5 years old

Location: Highlands Recreation Center MPR

Instructor: Rainbow Chefs Staff

T	4/21-6/9	2:30-3:30pm	\$200/205
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Soccer & Smiles Summer Camp

Let your child's first soccer camp experience be a great one! Designed specifically for children ages 4-6, Soccer and Smiles strives to teach the fundamentals of soccer in a fun, positive, noncompetitive and safe environment, while promoting a love of the game. Our half-day camp includes teaching soccer basics, skill building drills, and non-competitive scrimmages.

Ages: 4-6 years old

Location: Highlands Elementary School Field

Instructor: Soccer and Smiles Staff

M-F	7/27-7/31	9:00am-12:00pm	\$225/230
M-F	7/27-7/31	1:00pm-4:00pm	\$225/230



Highlands Rec T-Ball with Mini Sports Stars

Non-Competitive Instructional T-Ball
Boys & Girls: Ages 3-4 and 5-7



The Highlands Rec Center and Mini Sports Stars Staff will be joining together and offering Highlands Rec T-Ball. T-Ball is the most popular sport that Mini Sports Stars offers and is an excellent stepping stone to baseball. Mini Sports Stars believes that repetition is the key to skill mastery but all Mini Sports Stars coaches are trained to challenge individuals who have mastered certain skills in order to provide an opportunity for constant development. During T-Ball, kids will learn how to name and run the bases, field, throw, and of course hit. Special equipment is used to enhance development while ensuring a safe environment.

League Format:

Games are held at the Highlands School grass field (off Bunker Hill Exit) All equipment will be supplied by HRC, except for the players' gloves.

-The schedule is as follows: Introductions and Base running, Fielding and Throwing, Hitting and Fielding in a modified game setting.

-NO SCORE is ever kept, NO OUTS and all players will get to bat 3 times and play various field positions.

Program Schedule

Day	Game Dates	Division	Time
Sat	3/21-5/2	Pee-Wee	9:30-10:15am
Sat	3/21-5/2	Juniors	10:30-11:30am

*Pee-Wee: 3-4 years old

*Juniors: 5-7 years old

*No Rec T-Ball 4/4

SIGN-UPS END: March 14th

Fees: \$80/85 per player

Computer Literacy & Intro to Algorithms

Computer literacy is key to succeeding in the 21st century. We will start with what makes up the Internet, learn how to be safe online and discover the skill of thinking algorithmically.

Class 1: Internet: What it is & how it works

Everybody uses the Internet, but do you really know what it is and how it is organized? What is a server, URL, IP address, or a router? We'll also explore what really happens when you enter search terms on a search engine.

Class 2: Digital Literacy and Cyber Safety

There is a lot of information online. How do you tell a scam from legitimate information? Besides learning Internet safety, we will also explore how to identify scammers, be safe & act responsibly on social media, and the basics of netiquette.

Class 3: Computational Thinking and Algorithm design

Algorithm is the brain behind any computer program. It is what makes Computer Science a 'science'. Writing an algorithm requires creativity and computational thinking. This class will introduce you to thinking algorithmically.

Ages: 10 years old and over

Location: Highlands Recreation Center MPR

Instructor: Sujatha Marsden

T	4/21-5/5	3:30-5:00pm	\$225/230
W	4/22-5/6	4:00-5:30pm	\$225/230
M-W	6/15-6/17	10:00-11:30am	\$225/230

Beginning and Intermediate Guitar

Have you ever wished you could play your favorite songs? In this class, you'll use songs from familiar artists to learn basic chords, strum patterns, rhythm and everything you need to begin reading guitar music from the Internet or sheet music. Instructors Mark Ankenman and Dave Creamer have been teaching students how to have fun and enjoy learning the guitar for decades in a beginner friendly environment. Whether just starting out or wanting to improve your existing skills each lesson is designed to provide a positive learning experience. **30 minute, One on One Private lesson times.**

Ages: 6 years old and over

Location: Highlands Recreation Center MPR

Instructor: Dave Creamer

W	4/8-6/10	3:30-6:00pm	\$285/290
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Pre-Engineering using Lego®

Let your imagination run wild with tens of thousands of LEGO®! Build engineer-designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design! Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor.

Ages: 5 to 8 years old

Location: Highlands Recreation Center Gym

Instructor: Play-Well TEKnologies Staff

T	4/7-6/9	4:00-5:30pm	\$220/225
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Young Rembrandts Children's Drawing

The spring season is an exciting time to be a part of Young Rembrandts. Springtime is all about vibrant colors, and our colorful drawings are guaranteed to capture your attention. Students will learn how to think outside of the box as they create stylized drawings of flowers and snails. We'll also explore historical themes with our comic book-inspired drawing and our Aboriginal-like composition. **No Class: 5/22.**

Ages: 5 to 12 years old

Location: Highlands Recreation Center MPR

Instructor: Young Rembrandts Staff

F	4/24-5/29	3:30-4:30pm	\$100/105
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After School Flag Football

Ready to play some football? Whether you are a beginner or intermediate player, the drills taught at this program will help you improve your game. Emphasis will be on proper conditioning and warm ups, footwork drills, agility, passing, receiving and game strategies. This class includes a Supervised lunch by HRC staff after school from 12:20-1:00pm. For more information, visit www.NationalAcademyofAthletics.com

Ages: Current 2nd - 5th Grades Students

Location: Highlands School Grass Field

Instructor: National Academy of Athletics Staff

W	4/15-5/20	1:00-2:30pm	\$140/145
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Put Your Ad Here!

**8,500 printed copies
3 times per year**

Contact Jeff at (650) 341-4251 or
jeffs@highlandsrec.ca.gov for pricing

Mad Science

Light, Sight & Sound

Experience what makes white light and see beautiful rainbows in Lights, Color...Action! Discover some amazing sound effects and learn about sound in Sonic Sounds! Harness some energy as you learn all about heat, and then use your own body heat to make things disappear! Learn all about nutrition and fitness and take home a great fitness tool to measure step counts in Mission Nutrition! Take the Mad Science taste challenge and map out your tongue as you discover Tantalizing Taste! Finally, you'll see it, but you might not believe it, in Optical Illusions!

Ages: 5 to 12 years old

Location: Highlands Recreation Center MPR

Instructor: Mad Science Staff

M 4/6-6/8 3:30-4:30pm \$160/165

DOARTLAB for Youth

Join in the fun exploring various art projects including drawing, painting, sculpture and more. This class is designed for young artists who love to get creative and experiment with different media. Projects include drawing, upcycle art, kinetic sculpture, art and engineering. We encourage students to present their work to their peers and reflect on their process and outcome at the end of the each class. **\$40 material fee paid to the instructor on the first class. Transportation to class will be provided by Highlands Recreation Center staff** www.doartlab.com

Ages: 5 to 12 years old

Location: DOARTLAB, 744 Polhemus Rd., San Mateo, CA 94402

Instructor: Chloe Keyoung and DOARTLAB Staff

W 4/15-5/27 1:00-3:00pm \$315/320

Horse Riding Lessons

Learn to ride with us! Multi-session program teaches English-seat riding, jumping, and horsemanship skills at Glenoaks Stables. Limited class size for personal attention, new friendships and lots of fun. Classes held rain or shine. Students enjoy horse-related non-riding activities if it is too wet to ride. Open to children 6–14. All minors must have a parent or guardian sign a release form before the first session. For more info: 650-854-4955 or glenoaksstables@gmail.com

Ages: 6 to 14 years old

Location: Glenoaks Equestrian Center, 3639 Alpine Rd, Portola Valley, 94028

Instructor: Glenoaks Equestrian Staff

Su 4/5-5/24 11am-12pm \$505/510

Beginning Spanish Class

The course begins by learning the Spanish basics such as common greetings and phrases, then we move on to colors, numbers, shapes and, possibly the alphabet and other topics. All of this is done by introducing an idea, repeating the information and reviewing it until the children master it. **No class: 5/25.**

Ages: 5 to 7 years old

Location: Highlands Recreation Center MPR

Instructor: Carolina Vargas

M 4/13-6/8 5:00-6:00pm \$200/205

Ballet and Tap for Youth, Level I

Get ready to move and have fun! This class is an introductory class to the world of ballet and tap dancing! We will have lots of fun while focusing on building dance skills and learning new steps. Please make sure to bring both tap and ballet shoes to every class, and wear comfortable clothes that you can dance and move in. Parents are allowed to watch the first class. At the end of the session we will perform a routine that we have worked on in class. Tatiana Bookbinder has a Master's in Music and lived in NYC, where she taught, danced, and performed with different companies. **Performance will be held on 6/3.**

Ages: 4 to 6 years old

Location: Highlands Recreation Center Gym

Instructor: Tatiana Bookbinder

W 4/15-6/3 1:15-2:00pm \$100/105

Ballet and Tap for Youth, Level II

Get ready to move and have fun! This class is a continuation of Level I and is for the dancer that has had some dance training and wants to continue learning new steps and techniques. We will focus on choreography and different dance combinations. Please make sure to bring both tap and ballet shoes to every class, and wear comfortable clothes that you can dance and move in. Parents are allowed to watch the first class. At the end of the session we will perform a routine that we have worked on in class. Tatiana Bookbinder has a Master's in Music and lived in NYC, where she taught, danced, and performed.

Class performance will be held on 6/3.

Ages: 6 to 9 years old

Location: Highlands Recreation Center Gym

Instructor: Tatiana Bookbinder

W 4/15-6/3 2:00-3:00pm \$100/105

Youth Tennis Lessons

Pre-Tennis

This is an introductory tennis class for students, ages 3-6 years old that teaches balanced movement, footwork skills and eye-hand coordination. **No Class: 5/25.**

M/W	4/27-6/1	3:30-4:00pm	\$80/85	Ct. 1
M/W	6/15-7/15	1:30-2:00pm	\$80/85	Ct. 1
M/W	7/20-8/5	1:30-2:00pm	\$48/53	Ct. 1

Youth Tennis I

This class is for youth with little experience or instruction. They will be instructed in the basic fundamentals of proper grip, forehand, backhand, serve and volley. Although flexible, Tennis I students typically range in age from 6-10 years old.

No Class: 5/25, 7/3.

M/W	4/27-6/1	4:00-5:00pm	\$120/125	Ct. 1
M/W/F	6/15-7/17	2:00-3:00pm	\$168/173	Ct. 1
M/W/F	7/20-8/7	2:00-3:00pm	\$108/133	Ct. 1

Youth Tennis II

This class improves upon what was learned in Youth Tennis I and introduces tennis strategy to the students. Tennis II students typically range in age from 8-13 years. **No Class: 5/25, 7/3.**

M/W	4/27-6/1	5:00-6:00pm	\$120/125	Ct. 1
M/W/F	6/15-7/17	3:30-4:30pm	\$168/173	Ct. 1
M/W/F	7/20-8/7	3:30-4:30pm	\$108/133	Ct. 1

Saturday and Sunday Youth Tennis

Tennis classes will be held for all levels on Saturdays: Pre-Tennis, Youth Tennis I and Youth Tennis II. Descriptions are listed above. **No Class: 5/23, 5/24, 7/4, 7/5.**

Saturday Youth Tennis

Pre-T	3/21-4/25	1:30-2:00pm	\$40/45	Ct. 1
Y I	3/21-4/25	2:00-3:00pm	\$60/65	Ct. 1
Y II	3/21-4/25	3:00-4:00pm	\$60/65	Ct. 1
Pre-T	5/9-6/13	1:30-2:00pm	\$40/45	Ct. 1
Y I	5/9-6/13	2:00-3:00pm	\$60/65	Ct. 1
Y II	5/9-6/13	3:00-4:00pm	\$60/65	Ct. 1
Pre-T	6/27-8/8	1:30-2:00pm	\$48/53	Ct. 1
Y I	6/27-8/8	2:00-3:00pm	\$72/77	Ct. 1
Y II	6/27-8/8	3:00-4:00pm	\$72/77	Ct. 1

Sunday Youth Tennis

Pre-T	5/10-6/14	1:30-2:00pm	\$40/45	Ct. 1
Y I	5/10-6/14	2:00-3:00pm	\$60/65	Ct. 1
Y II	5/10-6/14	3:00-4:00pm	\$60/65	Ct. 1
Pre-T	6/28-8/9	1:30-2:00pm	\$48/53	Ct. 1
Y I	6/28-8/9	2:00-3:00pm	\$72/77	Ct. 1
Y II	6/28-8/9	3:00-4:00pm	\$72/77	Ct. 1

US Chessmates

Chess teaches critical and abstract thinking, planning, logic and patience. U.S. Chess Mates makes learning chess very easy. This class is suited for all levels from beginner to advanced. Each class will include 30 minutes of instruction and 30 minutes of tournament games. We promise your child will learn the game of chess and begin to use and develop life skills that will help now and in the future. Our mission is to teach chess to children from beginner to advanced. We will create a learning experience that will encourage our students to learn and analyze the game of chess. Learning Outcomes: Chess has been known to improve math skills and encourage self discipline. Chess also encourages life skills such as patience, thinking ahead, critical thinking and analysis.

Ages: 5 to 14 years old

Location: Highlands Recreation Center MPR

Instructor: US Chessmates Staff

Th 4/16-6/4 4:30-5:30pm \$110/115

Highlands Rec Tennis

Rec Tennis is a CO-ED league that will be played on Sundays. Games will be instructional and teach children how to keep score. Players will learn the



fundamentals of tennis- forehand shots, backhand shots, volleys and serves. There are no teams, we will be playing games on all three courts (six to 12 players at a time).

Games will last up to 45 minutes, with players practicing against each other and ending with serving to one another.

League Format:

-Approximately 45 minutes of skills & drills: forehands, backhands and tennis concept- rallies, crosscourt shots, etc.

-15 minutes practicing serving and returning serves

-Players will learn how to keep score

-All children will receive equal playing time

Program Schedule

Day	Game Dates	Ages	Time
Sun	3/22-4/26	4-7	1:30-2:30pm

*No Class: 4/5

Kids will be put in groups based on age.

Fees: \$50/55 per person

**SIGN-UPS END
March 21st**

Junior Jazzercise

Hey kids! Dance with your friends to the hottest music. Junior Jazzercise is a perfect program to get kids active and learn the importance of exercise and health. The program combines fun, easy-to-follow dance moves to popular music, fitness games, and an end of session performance. No dance experience is required. The non-competitive atmosphere is the perfect setting to introduce your child to fitness.

Ages: 5 to 12 years old

Location: Highlands Recreation Center MPR

Instructor: Sandy Basurto

Th 4/23-5/28 3:30-4:30pm \$60/65

FUNDamental HOOPS

FUNDamental HOOPS is an instructional basketball class for boys and girls that emphasizes proper basketball technique through FUN drills and games to establish good basketball playing habits. Your children will learn the FUNDamentals of basketball in a supportive, relaxed environment and work on shooting, dribbling & footwork basics with Coach Tony and Coach Mike. We group the children by age to best serve their developmental needs. Coach Tony and Coach Mike have more than 40 years of coaching experience combined and want to share their love of the game with your children. Participants will receive a FUNDamental Hoops t-shirt. **No Class: 4/4, 5/23.**

Ages: 4 to 12 years old

Location: Highlands Recreation Center Gym

Instructor: Coaches Tony and Mike Ciardella

Sa 3/28-5/9 9:15am-1:10pm Pricing Below

Sa 5/16-6/27 9:15am-1:10pm Pricing Below

<u>Ages</u>	<u>Times</u>	<u>Price</u>
4	9:15am-9:40am	\$75/80
5 & 6	9:45am-10:10am	\$75/80
7 & 8	10:15am-11:10am	\$105/110
9 & 10	11:15am-12:10pm	\$105/110
11 & 12	12:15pm-1:10pm	\$105/110

Iron Chef Challenge

Take one special ingredient in every class and study it through and through. Then use that ingredient to develop a creative dish. Students will "judge" their Iron Chef Masterpieces. All our talented Iron Chefs are winners – just ask them to prepare it at home so you can experience it too!

Ages: 6 to 12 years old

Location: Highlands Recreation Center MPR

Instructor: Rainbow Chefs Staff

T 4/21-6/9 3:30-4:30pm \$200/205

TrishTacSew Sewing Class

TrishTacSew Sewing School offers small classes to teach kids the fun and empowerment of creating their own crafts and clothing. This class is designed for the beginner sewer. We will learn to take measurements, read patterns, and how to use a sewing machine to sew and fashion design clothing. Students are responsible for purchasing and pre-washing their material for each project. **A \$30 fee for Pattern Packet should be paid directly to the instructor on the 1st class.** Pattern packets contain 10 projects and each project can be complete in about 3-4 hours. Packets available for boy's and girl's clothing. Students level up to more challenging pattern packets when they finish all projects in each packet. www.trishtacsew.com

Ages: 6 to 12 years old

Location: Offsite - 2096 Lexington Avenue, SM, 94402

Instructor: Trish Schroeter

W 3/4-3/25 2:00-3:00pm \$88/93

W 3/4-3/25 3:00-4:00pm \$88/93

W 3/4-3/25 4:00-5:00pm \$88/93

TrishTacSew Clothing & Craft Camp

Students will learn to sew and design wearable clothing and cute craft projects of their choice using basic patterns that teach the foundations of sewing. Students choose from a selection of patterns that includes skirts, tops, pants, dresses and much more. There will also be a large selection of fun craft projects to choose from.

Ages: 6 to 12 years old

Location: Offsite - 2096 Lexington Avenue, SM, 94402

Instructor: Trish Schroeter

M-F 6/29-7/3 9:00am-12:00pm \$330/335

M-F 6/29-7/3 1:00pm-4:00pm \$330/335

Youth Rock Climbing

Do your kids climb anything in sight? Are you looking for something fun and new for your child to do this Spring? At Planet Granite in Belmont your kids will learn to climb, play climbing games, and meet other young climbers! A waiver is required to be filled out on the first day of class by a parent or legal guardian only.

Ages: 5 to 13 years old

Location: 100 El Camino Real, Belmont, CA 94002

Instructor: Planet Granite Staff

T 4/21-5/19 4:00-6:00pm \$150/155

Th 4/23-5/21 4:00-6:00pm \$150/155

F 4/24-5/22 4:00-6:00pm \$150/155

Do you have any ideas for Rec Classes?

Please email: Jeff Schwartz at
jeffs@highlandsrec.ca.gov with your ideas.

Highlands Rec Soccer w/ Soccer and Smiles

A Non-Competitive Soccer League
Boys and Girls Ages:
4-6 Pee-Wee and 6-8 Juniors

Join our non-competitive Soccer League for Boys & Girls, ages 4-6 & 6-8. Rec Soccer is an instructional league for youth. Volunteer parents coach each team in the program. Soccer and Smiles staff will be on site to help and support players and coaches. Rec Soccer will teach the basics of Soccer in a recreational environment. This league will consist of warm-up, drills and games. Each team will consist of 10 players max! Fee includes: equipment and t-shirts. **There will be two levels of play, a 4-6 year old league and a 6-8 year old league. Age groups will play on different fields located at the Highlands Elementary School.**



League Format

Games are held at the Highlands grass field (off 280 - Bunker Hill exit).

- Approximately 1/2 hr of skills & drills.
- 1/2 hour of scrimmage with scheduled Highlands league teams (may play @ either 9am or 10am).
- NO SCORE is ever kept.
- All children will receive equal playing time.
- **NOW a 7 week league!**

Parent Coaches Needed

Rec Soccer needs volunteer coaches to instruct and encourage their players on how to play the game of soccer. NO SOCCER OR COACHING EXPERIENCE NECESSARY! Soccer and Smiles professional soccer coaches will be on site to help new coaches and players, they will provide coaching tips and support. Come coach your child in this fun non-competitive league. 2 coaches minimum per team!

Game Dates and Times
Saturday 9/19-10/31

Juniors 9-10am
Pee-Wee 9-10am

Season Fee:
\$70/75

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Sign-ups begin: 7/1/2015

Rainbow Chefs Summer Camp 2015

Join the Rainbow Chefs for an 8 week adventure with a new theme each week. Check out: rainbowchefs.com for more information and to pay the weekly supply fee.

Summertime Classics - Summer is the pinnacle of fresh food goodness. Use the bounty of fresh local produce to enjoy Summer salad and BBQ favorites.

Food Science - Food is science and science is food in this delicious camp full of culinary experiments. Learn why 350 degrees is the optimum baking temperature, and why we level measurements to have our recipes come out perfect!

American Food Tour - Come travel with us around the U.S. to discover regional American cooking. We will be making everything from Southern favorites to classic New England fare.

Around the World - Focus on the planning and design of your prepared recipes. Learn how to make your food taste delicious and look like it was served by top known Chefs.

Gourmet Bake Shop - Discover sweet and savory baking at its best. Learn the proper techniques to maximize success from baking basics.

Five Days in Italy - Study the food culture of Italy, with its diverse regions. Discover recipes and ingredients made famous in the many different regions.

Edible Art - We're taking playing with food to a whole other level. In this fun, creative camp make fun, edible art that you can make over and over again. From butterfly sandwiches to monkey snacks - this camp is a real treat.

Restaurant Challenge - Start your own restaurant, make up the name and choose which type of food you want to serve. Learn about different stations and how to run the restaurant as a team.

Ages 5-14. All classes will be held in the HRC MPR.

Summertime Classics

M-F 6/15-6/19 9:00am-4:00pm \$495/500

Food Science

M-F 6/22-6/26 9:00am-4:00pm \$495/500

American Food Tour

M-Th 6/29-7/2 9:00am-4:00pm \$395/400

Around the World

M-F 7/6-7/10 9:00am-4:00pm \$495/500

Gourmet Bake Shop

M-F 7/13-7/17 9:00am-4:00pm \$495/500

Five Days in Italy

M-F 7/20-7/24 9:00am-4:00pm \$495/500

Edible Art

M-F 7/27-7/31 9:00am-4:00pm \$495/500

Restaurant Challenge

M-F 8/3-8/7 9:00am-4:00pm \$495/500

Destination Science The Ultimate Camp Experience

Hey Kids! Robots & Rockets are landing near you this summer! Build a walking Dino-Robot, launch a roaring rocket, & unmask superhero science & construct your own Vroom mobile. Pick & choose from 4 great STEM focused camps & stir up some science fun!

Destination Science camps run Monday - Friday, for children ages 5-11 years old. Have any questions?

Contact destination science: 888.909.2822

www.destinationsscience.org or

email: info@destinationsscience.org

Half Day Camp runs from 9am-12pm, Full Day Camp runs from 9am-3:30pm. Extended hours are available from 8-9am (\$30 per week) and 3:30-5:30pm (\$45 per week).

Ages: 5-11 years old

Location: Highlands Elementary School LGI, 2320 Newport St, San Mateo, 94402.

Instructor: Destination Science Staff

Week 1 - Amazing Superhero Science - NEW Topic!

Vroom! Ka-Flash! Zap! Superhero training starts here at Destination Science! At camp, YOU WILL BE THE SUPERHERO and use your science powers to defeat super villains. Can you discover a superhero power from a bat and build your own supersonic listening device? Meet Rosy & find out her spider powers. What makes a superhero invisible? Discover how to grow your own mini-superhero sidekick. Build and race your very own superhero-zooming mobile.

Week 2 - Roaring Rockets and Astronaut Detectives - NEW Topic!

Journey to the edge of Science, Technology, Engineering & beyond! 3...2...1...Liftoff! Build your own Roaring Rocket and launch it over 1,000 feet skyward! Continue your space adventure by taking home your launch system and setting up mission control to continue launching! In the afternoon, become an astronaut detective and solve a mystery spanning the solar system! We will explore the mysteries of space from an astronaut's point of view!

Week 3 - Dino-Robot Creators and Raging Chemistry - NEW Topic!

Be a master robot builder by morning & mix-up cool chemistry reactions by afternoon! Design your very own electric powered Dino-Robot, ready to battle and race in our Jurassic Arena! After lunch, enter the raging chemistry reaction lab where things Fizz, Pop, Ooze and Glow. Mix up your curiosity with some slimy Ooze and unlock the mystery of magic kinetic sand. Experiment with instant light you can pour, edible/growing polymers, exploding carbon dioxide and more.

Week 4 - Rocking Gizmos & Rolling Gadgets

Rock out & Build your own Boom Box & join the Invention Convention! Enter the science lab and build your own portable sound system with boomin' speakers & find out how sound waves and electricity become music to your ears. Experiment with a laser air guitar and take home your own vibrating drum set. In the afternoon, join the Invention Convention to build an electric all-terrain vehicle, 3D animation, and much more.

Destination Science Summer 2015 Pricing

Amazing Superhero Science

M-F 6/15-6/19 9am-3:30pm \$249 half/\$349 full

Roaring Rockets and Astronaut Detectives

M-F 6/22-6/26 9am-3:30pm \$249 half/\$349 full

Dino-Robot Creators and Raging Chemistry

M-Th 6/29-7/2 9am-3:30pm \$229 half/\$309 full

Rocking Gizmos and Rolling Gadgets Lab

M-F 7/6-7/10 9am-3:30pm \$249 half/\$349 full

Theater Workshop

Join Mrs. Leonardini for our 1 week Theater Workshop. This workshop will consist of mini activities including: theater focus on acting and use of voice. The final project will be to prepare for a final presentation for the parents on Friday, 6/19.

Ages: Entering 1st - 5th Grades

Location: Highlands Elementary School Rm. 21

Instructor: Mrs. Leonardini

M-F 6/15-6/19 10-11:30am \$50/55

Highlands Recreation Center Community Movie Nights

Friday, June 19th



Friday, July 17th



Movies will begin around 8pm and be shown outdoors at the Highlands Recreation Center, on the grass (weather permitting). Please bring blankets and chairs to improve your movie watching experience.

We will have face painting available and a special edible art project before each movie begins.

Popcorn and Refreshments will be available for purchase!

Friday, August 21st



“All Sorts of Sports” Camp

A great way to introduce your youngsters to the world of sports, teamwork and athletics! This National Academy of Athletics camp will help build your child's motor control, hand-eye coordination, agility and many other sports related skills. By the end of the week, your child will be familiar with a variety of athletic activities!

Ages: Entering K - 5th Grades

Location: Highlands School Grass Field

Instructor: National Academy of Athletics Staff

M-F	6/22-6/26	9:00am-3:00pm	\$220/225
M-F	7/13-7/17	9:00am-3:00pm	\$220/225
M-F	8/3-8/7	9:00am-3:00pm	\$220/225

“Air Attack” Flag Football Camp

Ready to play some football? Whether you are a beginner or advanced player, the drills taught by National Academy of Athletics at this camp will help you improve your game. Emphasis will be on proper conditioning and warm-ups, footwork drills, agility, passing, receiving, and game strategies. Campers are grouped by age and ability to learn appropriate drills, skills, and techniques. Visit www.NationalAcademyofAthletics.com for more info.

Ages: Entering K - 5th Grades

Location: Highlands School Grass Field

Instructor: National Academy of Athletics Staff

M-F	7/20-7/24	9:00am-3:00pm	\$220/225
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Glenoaks Summer Horse Riding Camps

Giddy Up Your Summer by learning to ride at Glenoaks Stables. Sessions run M-F from 8:30 a.m. to 2 p.m. Campers spend the day riding, learning horsemanship, arts & crafts and overall horse care. Small groups ensure students learn with others their age and experience level. Must be at least 6 years old. For more info visit: www.glenoaksequestrian.com

Ages: 6-14 years old

Location: Glenoaks Equestrian Center, 3639 Alpine Rd, Portola Valley, 94028

Instructor: Glenoaks Equestrian Staff

M-F	6/15-6/19	8:30am-2:00pm	\$550
M-F	6/22-6/26	8:30am-2:00pm	\$550
M-F	7/6-7/10	8:30am-2:00pm	\$550
M-F	7/13-7/17	8:30am-2:00pm	\$550
M-F	7/27-7/31	8:30am-2:00pm	\$550
M-F	8/3-8/7	8:30am-2:00pm	\$550

Planet Granite Climbing Camps

Do your kids love to climb anything in sight? Looking for something new and fun to do this Summer? Your child will learn to climb, play climbing games and meet other young climbers in a safe environment. Please arrive 15 minutes early to complete liability waiver form. Parents MUST bring government issued photo identification for waiver verification. Planet Granite T-shirt is included.

Ages: 5-13 years old

Location: 100 El Camino Real, Belmont, CA 94002

Instructor: Planet Granite Staff, Stephanie Ko Pund

M-F	6/15-6/19	10:00am-12:00pm	\$150/155
M-F	6/22-6/26	10:00am-12:00pm	\$150/155
M-F	6/29-7/3	10:00am-12:00pm	\$150/155
M-F	7/13-7/17	10:00am-12:00pm	\$150/155
M-F	7/20-7/24	10:00am-12:00pm	\$150/155
M-F	7/27-7/31	10:00am-12:00pm	\$150/155
M-F	8/3-8/7	10:00am-12:00pm	\$150/155
M-F	8/10-8/14	10:00am-12:00pm	\$150/155

Babysitter's Training

Would you like a rewarding job? If so, take this class and become a babysitter! Learn an overview of fire and earthquake safety skills, nutrition, babycare, CPR & 1st aid skills. Upon completion of all classes, student may be added to a babysitting list in Parks & Rec. for 1 year. **You must be on time, attend all classes, not leave early and complete all homework in order to get a certificate of completion.**

\$9 lab fee paid to instructor at 1st class, for supplies

Ages: 12-17 years old

Location: Barrett Community Center, 1870 Ralston Avenue, Belmont, CA, 94002, Room 3.

Instructor: Muffie Calbreath

Tu/Th	6/16, 6/18, 6/23	9:00am-12:00pm	\$80/90
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Online Drivers Ed.

This online Drivers Education Course is approved by the California Department of Motor Vehicles. Reading, flash graphics, videos, and quizzes will prepare the reader to pass the written DMV test. The course is very easy to use. You simply log into the web site, enroll, and then you can begin immediately! For more information about the course and to register, go to Economic Online Driving School at www.economicdrivingschool.com/online

When registering make sure you complete the question that says, How did you hear about us by choosing Activity Guide. Then enter HRC code: 4251 Cost: \$68.50

Wine & Design

Get inspired at our Wine and Design night. Come sip wine and socialize with friends and neighbors, all while learning how to paint. No experience necessary!



Our instructor, Deb Rumer is a Highlands Resident and art instructor.

\$30 per person includes materials and wine.

Bring a photo to work from, if desired.

Saturday August 15th 7:00-9:30pm
Highlands Rec Multipurpose Room

Sushi Time

Do you, your family and/or friends like to eat California roll sushi? Come for a fun evening and learn how to roll your own. Sharon Sakai will show you techniques her mother-in-law taught her years ago. Bring your appetite and a container to take samples home. Please sign up by **Thursday prior to the class date**, so that Sharon has time to purchase the right amount of ingredients.

Ages: 10 years old and over

Location: Highlands Recreation Center SR

Instructor: Sharon Sakai

T 5/5 6:30-8:00pm \$25/30

Beginner Soul Line Dance

Looking for a fun way to exercise both mind and body? Come join us for SOUL LINE DANCING. Soul line dancing is a fun step dance. We dance in parallel lines, with a repeated sequence of easy steps, no partner needed! The various types of music we use are soul, pop, rhythm and blues, and jazz with some zydeco and country. This class will be taught by Darlene "Dar" Masamori who has been line dancing for over three years with different instructors throughout the Bay Area. She's looking forward to bringing this fun style of dance to adults of all ages. Wear comfortable clothing and shoes. **Drop-ins available for \$5 per class at the door.**

Ages: 18 years old and over

Location: Highlands Recreation Center Gym

Instructor: Dar Masamori

W	3/25-5/27	7:00-8:30pm	\$40/45
W	6/17-8/26	7:00-8:30pm	\$40/45
W	9/9-11/18	7:00-8:30pm	\$40/45

Pilates Mat Plus

A fusion of classical Pilates yoga and strength training - this workout is designed to develop core strength, increased flexibility and head to toe toning. Participants will enjoy improvement in posture, breath control and mind body connection. This is an all levels class with the focus being on intermediate exercises. Participants should bring to class a yoga mat and a pair of light hand weights (2lbs - 3lbs).

Ages: 16 years old and over

Location: Highlands Recreation Center SR

Instructor: Laura Wratten

M 4/27-6/8 6:00-7:00pm \$60/65

Adult Tennis Lessons

This class is for adults with little experience or instruction. They will be instructed in the basic fundamentals of proper grip, forehand, backhand, serve and volley. This is a great way to meet other tennis players and practice your skills.

No Class: 5/26.

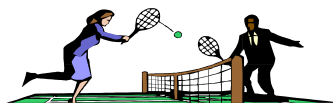
Ages: 18 years old and over

Location: Highlands Recreation Center Tennis Court 1

Instructor: Scott Perlstein Enterprises Staff

M/W 6/22-7/22 6:30-7:30pm \$200/205

M/W 7/27-8/26 6:30-7:30pm \$200/205



(paid ad)

Adult Tennis Coaching

Tennis coaching has been one of the longest running and most popular programs at HRC. Find out why as Scott Perlstein and staff instruct students on how to work on stroke production, doubles strategy, and a whole lot more. This is an ongoing program.

Level	Day	Time	Loc.
Rank 4.0	Fri	12-2pm	Ct. 1-3

Private Tennis Lessons

Available daily from Scott Perlstein Enterprises. For more information, rates and/or sign-ups call Scott at 343-7343.

Highlands Book Club

The HRC Book Club is open to anyone interested in sharing the love of reading We'll have exciting and in depth discussions about readings chosen by the group. New members always welcome to join! **Free.**

1st Tuesday Monthly 10:15-11:15am MPR

Family Traditions Begin at the Highlands Recreation Center

Beginning Digital Photography

In this fun, hands on introduction to digital photography, we will work to understand the camera's menus, modes, metering, the flash, white balance and work with light, color and composition to prepare us for portraiture, night shooting and printing. A one-hour private workshop is held the weekend of August 2, 2015. **A \$40 material fee payable to instructor.**

Ages: 17 years old and over

Location: Beresford Recreation Center, Activity Room, 2720 Alameda de las Pulgas, San Mateo, CA.

Instructor: Marty Springer

M	4/6-6/8	7:00-9:00pm	\$150/155
M	6/15-8/3	7:00-9:30pm	\$150/155

Adobe Elements for Photographers

In part 2 of the Beginning Digital Photography course, we will use what we previously learned about the modes, the menus, and the concept of photography to take you to the next level using Adobe Elements 12 or the more current program. Bring your laptop to class. No Laptop? You can follow along with the lecture. **Pre-Requisite: Marty's Beginning Digital Photography course. A \$20 material fee payable to instructor.**

Ages: 17 years old and over

Location: San Mateo Senior Center, Game Room, 2645 Alameda de las Pulgas, San Mateo, CA, 94402.

Instructor: Marty Springer

Th	4/9-6/4	6:45-9:00pm	\$105/110
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Fitness for Life - Look Younger, Feel Younger

Have you wanted to increase your activity level through exercise but need a way to help you stick with it? Researchers and health professionals tell us that consistent varied exercise keeps us at our best and can even rejuvenate our minds and bodies. In this class, you will engage in a regular schedule of energy building activity without the use of equipment - no weights, bars or bands. Get your heart pumping, your muscles working and your brain cells stimulated. You will feel younger and look better!

Ages: 60 years old and over

Location: Highlands Recreation Center Social Room

Instructor: Sterling Sakai

T/Th	4/7-4/30	6:00-7:00pm	\$40/45
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Jazzercise

Burn up to 600 calories in one fun and powerfully effective 60-minute total body workout. Every Jazzercise fitness class combines dance-based cardio with strength training and stretching to sculpt, tone and lengthen muscles for maximum fat burn. Choreographed to today's hottest music, Jazzercise is a fusion of jazz dance, resistance training, Pilates, yoga, and kickboxing. Start dancing yourself fit and change the shape of your body today! Join our awesome workout, wear comfortable clothing, bring a water bottle, mat and hand weights are optional.

First Month only \$25. Some restrictions may apply.

Classes are held in the Highlands Recreation Center Gym.

Tami McCann

tamijazz@gmail.com

Certified Jazzercise Instructor

(650) 226-3484

Tues/Thurs - 8:30am

Tues/Thurs - 6:15pm

Saturday - 8 am

Sunday - 9 am

Classes are ongoing, please register at class.

www.jazzercise.com Call (800) FIT IS IT

Adult Horse Riding

Learn to ride with us! Multi-session program teaches English-seat riding, jumping, and horsemanship skills at Glenoaks Stables. Limited class size for personal attention, new friendships and lots of fun. Classes held rain or shine. Students enjoy horse-related non-riding activities if it is too wet to ride. Open to adults 18 and above. For more info, call Glenoaks Equestrian at (650) 854-4955.

Ages: 18 years old and older

Location: Glenoaks Equestrian Center, 3639 Alpine Rd, Portola Valley, 94028

Instructor: Glenoaks Equestrian Staff

Th	4/2-5/21	10:00-11:00am	\$505/510
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Eichler Exteriors: Restoration or Renovation

If you are thinking of making small or larger changes to the outside of your Eichler, take this class! I cover original and updated paint colors with swatches to look at, where to put the paint, window replacements, door hardware, lighting, house numbers, mailboxes, fencing, landscaping and any other questions or advice you need. When you finish the class, you will walk out with "the plan".

Ages: 18 years old and over

Location: Highlands Recreation Center MPR

Instructor: Melissa Wilson

T	3/3	6:00-8:00pm	\$30/35
T	7/21	6:00-8:00pm	\$30/35

Red Cross CPR

Would you know what to do if somebody was bleeding or fainted? In this class you will learn about diabetes, strokes, fainting, hyperglycemia and hypoglycemia, wound care heat related emergencies and cold related emergencies and more. Join us today for informative class. **\$20 lab fee paid to instructor at first class pays for your Certificate of completion.**

Ages: 18 years old and over

Location: Highlands Recreation Center MPR

Instructor: Muffie Calbreath

Th 7/16 6:00-8:00pm \$50/55

AARP Smart Driver Course

The AARP Smart Driver Course, offered by AARP Driver Safety, is the nation's first and largest refresher course designed specifically for older drivers. For more than 30 years, the courses have taught millions of drivers proven safety strategies so they can continue driving safely for as long as possible. The result of nearly two years of research, development and testing, the new course being introduced in 2014 provides research-based information to help you update your driving knowledge and skills. By participating in this course, you are taking advantage of an important opportunity to learn how to drive more safely and confidently. Research shows that as a result of completing the course, most people make positive changes in their driving behaviors. Both sessions must be completed to receive the course certificate.

Ages: 50 years old and over

Location: Highlands Recreation Center MPR

Instructor: Warren Wong

M, T 3/9, 3/10 12:30-4:30pm \$15/20

Collette Vacations

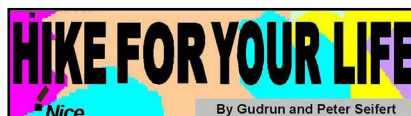
Join the Highlands Rec and Collette Vacations for guided tours for active adults. Our hand picked tours include: a tour manager that is with you throughout your travel experience, your sightseeing, entertainment, admissions to museums and parks and great hotels, making it a hassle free experience from beginning to end. The hotels have been chosen and are centrally located, so you won't waste a second of your free time in buses or cabs, even your luggage is managed for you. We seamlessly handle it all – you simply revel in the adventure. Please feel free to call or email Jeff (jeffs@highlandsrec.ca.gov) for more info.

Classic Christmas Markets- 12/10/15-12/18/15

Southern Charm- 4/17/16-4/23/16

Highlands Recreation Center's Summer Special Event Series

May



Hiking the Alps, for health of body, mind, and soul. Find out how, why, when, and more! Come learn how 'do-able' such an adventure really is: you'll see lots of slides of spectacular alpine vistas and learn in detail how to prepare, train and plan the hike of a lifetime.

Saturday May 9th 4:00-6:00pm
Highlands Rec Multipurpose Room

June



Catch a ride and spend the day at Graton Casino! Vans leave the Rec Parking lot at 9am and return at 4pm. Limited Seats, must pre-register. \$10/person.

Friday June 12th 9:00am-4:00pm

July

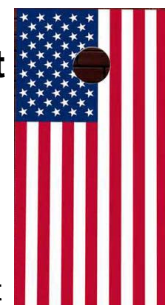
HRC Cornhole Tournament

\$50 per team, 2 person teams

16 teams max, must pre-register

Fee Includes:

- * 4 beers per team
- * BBQ Hot Dog/Hamburger, Chips
- * Double Elimination Bracket Format



1st Prize - 2 SF Giants vs LA Dodgers tickets plus parking pass to the September 30th, 7:15pm game.

Saturday July 25th 4:00pm-8:00pm
Highlands Rec Multipurpose Room

August

Women's Wellness Seminar



Join us for an informative and inspiring day with the latest insights on how to live a healthy, balanced life. Speakers include a cosmetic skin specialist, nutritionist and Women's health doctor.

Saturday August 8th 9:30am-12:30pm
Highlands Rec Multipurpose Room

Did you know?

- The Highlands Recreation Center used to be funded solely by property taxes. Today, 85% of our revenues come from program and membership fees.
- This way, we can offer the variety of programs our residents want and can remain financially sound.
- If you're a Highlands resident, you pay about \$75 in taxes for each \$100,000 of assessed home value. (assessed value, based on your purchase price, is shown on your property tax bill)
- While it's hard to place an exact added \$ value on it, realtors confirm that our neighborhood is even more desirable to potential buyers because of the Highlands Recreation Center!

Most of all, we would like to Thank You for your continued support of the Highlands Recreation Center and its programs. We value our residents and strive to provide a Rec Center that our community can be proud of.

The Highlands Recreation Center often photographs programs for use in publicity materials. By being present during these activities, you consent to use of your OR YOUR DEPENDENTS' appearance or likeness by the Highlands Recreation Center, and its licensees, designees, or assignees, in all media, worldwide, in perpetuity. If you have questions about such use, please contact the Highlands Recreation staff.

Check out the Highlands Recreation Center website
www.highlandsrec.ca.gov

CLASS REGISTRATION

REGISTRATION

- * Register by mail, in person, by phone or online at www.highlandsrec.ca.gov
- * Walk in and phone registration is available M-F from 9am-5pm.
- * **Registration is complete and enrollment is ensured only when class fee is paid in full.**

PAYMENT

- * We accept payment in cash, check, VISA, MC, AMEX or Discover or, for ongoing monthly charges, by automatic bank withdrawals (ACH payments). You may prepay for no more than 3 months of service.
- * A \$5 nonrefundable transaction fee is added to each registration. You may enroll in multiple classes in one registration.
- * Monthly automatic bank account withdrawals (ACH) only require a \$2 nonrefundable transaction fee.
- * A \$20 service charge will be incurred on a returned check.
- * A \$20 fee is charged for stop payment and re-issuance of a refund check.
- * A \$15 late fee is charged per participant per class if monthly fee is not paid by the end of the **5th business day of the month.**

ENROLLMENT/ CHANGES/CANCELLATION

- * Classes are filled on a first come, first served basis. ** your enrollment is ensured only when class fee is paid in full.**
- * In the event that enrollment does not meet minimum requirements, the HRC may cancel the class. The HRC will notify registrants and class fees will be refunded.
- * Please note: Prices are subject to change without notice.
- * Participants may transfer between classes, space permitting, prior to the 2nd class meeting.
- * Participants in seasonal and aquatic programs may cancel enrollment prior to the 2nd class meeting and receive a prorated credit or refund of class fees. No credits or refunds are given after the 2nd class meeting.
- * **AQUATICS ONLY:** If cancelling enrollment at any time before or during a session and NOT enrolling in another session at that time, you may receive full district credit OR a prorated credit card refund, less a \$5 administrative fee.
- * If waitlisted, registrants will be notified if space becomes available. We must receive a response by 10am the following business day or the space will be offered to others.
- * If a single class is cancelled by the Highlands Recreation District for any reason, a pro-rated district credit will be automatically applied to your household credit. No cash, check or credit card refund will be given.
- * Credits can be applied to any program at the Rec, and will avoid additional transaction fees.
- * Credits must be used within one year of issue.
- * If enrolled in a monthly program, payment must be received by the end of the 5th business day of the month. Otherwise, a \$15 late fee will be charged. If enrolled in our ACH payment program, cancellation or changes must be received by the 15th of the month prior to the ACH withdrawal. ***For EEC, ASP & In Crowd see the Director.**



PLAY HARD
NATIONAL ACADEMY OF ATHLETICS
HAVE FUN
SPORTS CAMPS
SPRING & SUMMER SESSIONS

If your child likes sports, they will love these camps!
These programs provides young people with confidence-building athletic skill development, a solid foundation of fitness, an opportunity to make new friends and tons of all out fun and games. Perfect for boys & girls, ages 6-9 and 10-13. beginners to intermediate.

Coming to Highlands Rec

www.NationalAcademyOfAthletics.com
1-866-90-SPORT (paid ad)

Have your party at the
Highlands Recreation Center!

Multipurpose Room/Gym
Social Room/Kitchen

All rentals include: Tables, Chairs and a rental supervisor to help with your party needs.

Facility Capacity:
Gym 132, Social Room 75,
Multipurpose Room 75

For more information about pricing and availability, or to reserve your party date, please call Jeff Schwartz at (650) 341-4251



LOOKING GLASS
KOREAN SCHOOL

- Beginner Korean language (ages 3-11 & adults)
- Korean folk dance, drumming & culture

(paid ad)

San Mateo www.lookingglasskorean.com 650-208-3305

Fitness Memberships

Highlands Residents Only

Fitness Memberships are free with a pool membership. However, if you would like just a fitness membership, see the rates below. The Fitness Center has 16 pieces of Fitness equipment including dumbbells, a treadmill, two stair steppers, and other Hydra-Fitness equipment available for personal training use and Circuit Training Classes. Circuit Training can simultaneously burn body fat, increase cardiovascular (aerobic) fitness level and increase muscle strength and endurance.

General Use Hours

MWF 6am-7pm
TTh 9am-7pm
Sat/Sun 11am-5pm

Ages 15 and up!

F.C. Closed
Monday-Friday 3-6pm*
*Times to be determined by seasonal programs.

Membership Fees

For Residents Only

One year membership from date of purchase
Senior (62+) \$45
Single.....\$70
Each Add'l....\$25


Circuit Training
M-F, 9-10am
Non-Accredited Instr.
No Class Fee
Fitness Members only

www.edwardjones.com

**Living in the Now,
Preparing for the Future**

For many of us, our goals in life remain constant: financial independence and providing for family. Striking a balance between saving for goals, such as education and retirement, and allocating money for daily expenses can be challenging. But you can do it.

Learn how you can redefine your savings approach toward education and retirement. Call or visit today.



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